

Creamy Lemon Dressing



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup juice of lemon fresh
- ☐ 4 teaspoons lemon zest
- ☐ 0.5 cup olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

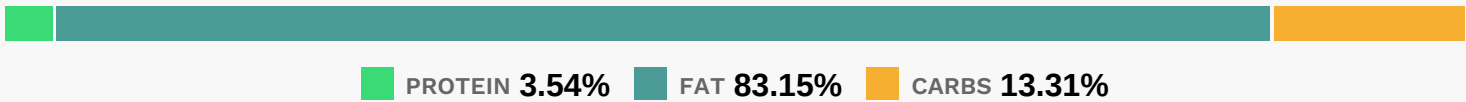
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine lemon juice, lemon zest, garlic, Dijon mustard, salt, and pepper in a bowl. Slowly whisk olive oil into the lemon juice mixture until thickened.
- ☐ Whisk sour cream into the mixture.
- ☐ Transfer the dressing to a sealable container.
- ☐ Refrigerate 15 minutes to overnight.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.3439130491537%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 57.63kcal (2.88%), Fat: 5.57g (8.56%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.78g (0.65%), Sugar: 0.82g (0.91%), Cholesterol: 8.48mg (2.83%), Sodium: 91.3mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.07%), Vitamin C: 5.71mg (6.92%), Vitamin E: 0.47mg (3.11%), Calcium: 19.64mg (1.96%), Vitamin K: 1.98µg (1.89%), Vitamin A: 92IU (1.84%), Manganese: 0.04mg (1.75%), Vitamin B2: 0.03mg (1.69%), Selenium: 1.14µg (1.62%), Phosphorus: 15.03mg (1.5%), Vitamin B6: 0.03mg (1.36%), Potassium: 37.3mg (1.07%)